

PHYSICAL ACTIVITY RESOURCES

As a service to its users, the Vermont Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Vermont Department of Education. Information contained on such linked resources should be independently verified.

For more information or to provide feedback about these resources, contact Lindsay Simpson, Physical Education Consultant, at (802) 828-5148 or lindsay.simpson@state.vt.us.

NOTE: All the links provided below will take you off the department's Web site.

Physical Activity Resources

Vermont's Healthy Schools Resource

http://healthvermont.gov/local/school/healthy_schools.aspx

The Vermont Healthy Schools Resource: Nutrition and Physical Education/Activity is a joint project of the Vermont Department of Education, the Vermont Department of Health's Fit and Healthy Vermonter's program, and Vermont's Action for Healthy Kids. The resource was developed to provide school teams with ideas and examples for implementing their school wellness policies.

NASPE's School Physical Activity Position Statements

<http://www.aahperd.org/naspe/template.cfm?template=position-papers.html>

The National Association for Sport and Physical Education publishes a number of position statements which define various issues related to school physical activity programs such as recess, out of school sports, and intra-mural programming.

Physical Activity Programs & Funding Sources

Vermont's Safe Routes to Schools

<http://www.aot.state.vt.us/progdev/sections/ltf/srts/vtsrts.htm>

The statewide Safe Routes to School (SR2S) program, as required by the recently passed Federal Transportation Bill - SAFETEA-LU - is intended to benefit children in primary and middle schools (K-8). SR2S is about students walking and biking to school: regularly, routinely, and safely. SR2S integrates elements of transportation, economics, health and physical activity, environmental awareness and safety into one program. The Vermont SR2S program provides support in the form of funding and services to participating schools around the state. Schools will evaluate existing conditions and attitudes, actively encourage walking and bicycling by students and will identify infrastructure projects to make walking and bicycling safer.

General Mills Champions for Healthy Kids

<http://www.generalmills.com/corporate/commitment/champions.aspx>

The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the Champions for

Healthy Kids grant program in 2002. Each year, the General Mills Foundation awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle.

Physical Activity Professional Associations

American Alliance for Health, Physical Education, Recreation and Dance

<http://www.aahperd.org/>

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle. AAHPERD provides members with a comprehensive and coordinated array of resources, support, and programs to help practitioners improve their skills and to further the health and well-being of the American public.

National Association for Sport and Physical Education

<http://www.aahperd.org/naspe/>

The National Association for Sport and Physical Education (NASPE) is a division of the American Alliance for Health, Physical Education, Recreation and Dance. NASPE aims to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs through research, development of standards, and dissemination of information.

Vermont Association for Health, Physical Education, Recreation and Dance

<http://www.vtahperd.org/>

The mission of the Vermont Association for Health, Physical Education, Recreation, and Dance (VTAHPERD) is to promote active lifestyles by enhancing professional growth and development within each discipline, developing and supporting quality programs, and reinforcing interaction among all professionals in all disciplines within the association and in the educational community.